



# *Advocacy Works* *Making Change Possible*

Flo Hilliard, MSH  
WWEN Project



## *What is Advocacy?*

- ★ Advocacy simply means to speak in favor of, argue for, support or defend a cause.
- ★ It can also mean a person who pleads in another's behalf: an intercessor.



## *Advocacy Is Not*

- ★ Advocacy is not: breaking your anonymity about being in any 12 step recovery program.



We will become advocates  
for the addicted person still  
suffering from this disease.



★ “ Snowflakes are one of nature’s most fragile things, but just look at what they can do when they stick together.”

Vista M. Kelly



## *How?*

- ★ By modeling that treatment and/or recovery work.
- ★ By understanding how to approach groups and individuals in a way that will help reduce stigma and raise knowledge of the disease.



# ***What is STAR?***

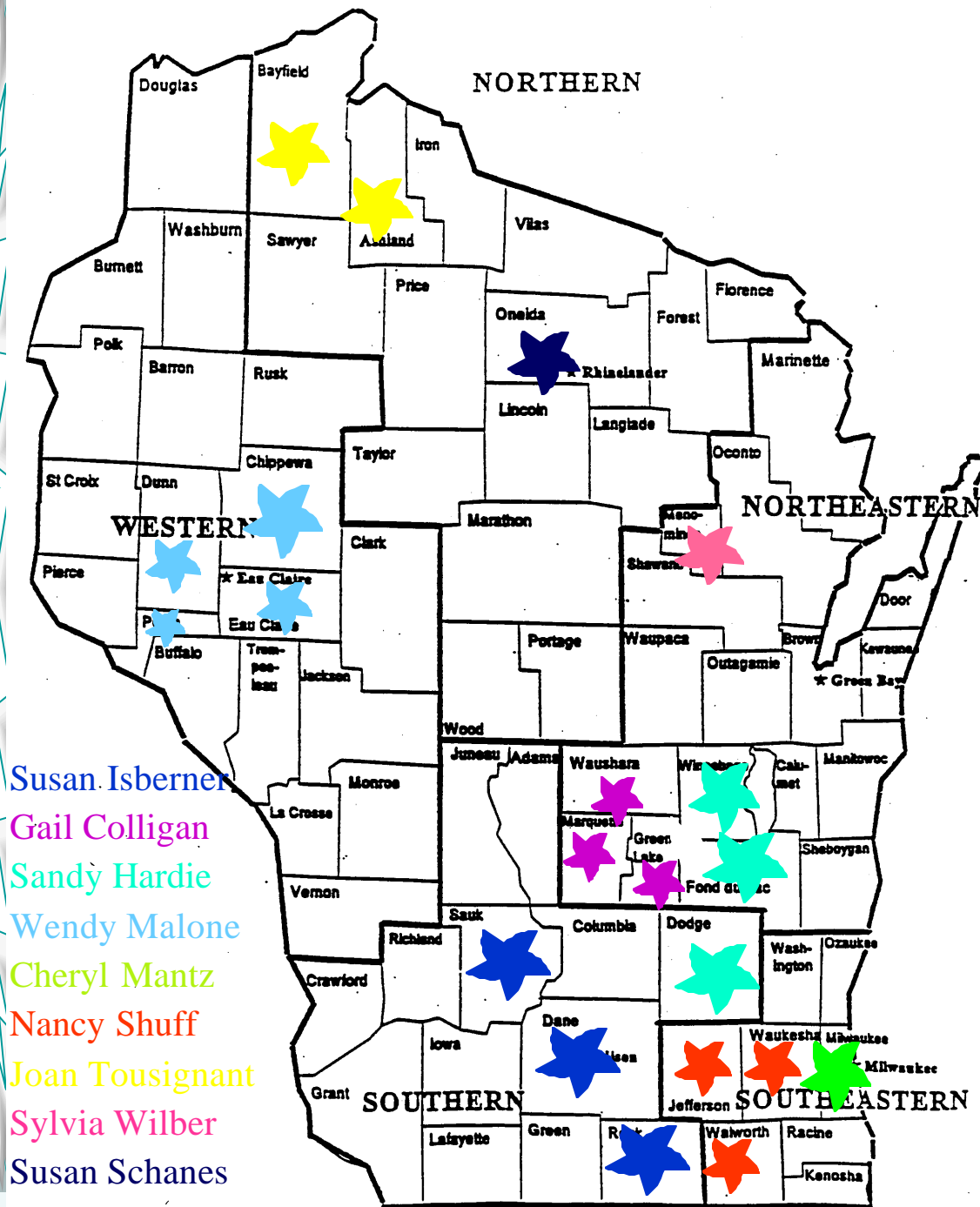
★ STAR stands for:  
*Sharing Treatment and Recovery for Women*

## **CSAT**

Center for Substance  
Abuse Treatment  
*SAMHSA*

Produced under a grant funded by the  
Center for Substance Abuse Treatment  
Substance Abuse and Mental Health Services Administration,  
U.S. Department of Health and Human Services  
Center for Substance Abuse Issues  
5600 Fishers Lane  
Rockwall II, suite 621  
Rockville, Maryland 20857  
301.443.5052

It's contents are solely the responsibility of the authors and do not  
necessarily represent the official views of the agency.  
Grant No. 144HH93



Susan Isberner  
Gail Colligan  
Sandy Hardie  
Wendy Malone  
Cheryl Mantz  
Nancy Shuff  
Joan Tousignant  
Sylvia Wilber  
Susan Schanes



# STAR Women- caring, sharing & daring!





## *STAR is Expanding!*

Starting men's STAR groups in areas where STAR women's groups exist.

Expanding to more groups throughout the state.  
Coming together to create separate alliance:



# ***Alliance for Recovery Advocates***

## ★ **Our Mission:**

- ★ **To empower people (those in recovery, their families and allies) to become advocates in recovery through training, support and education.**



# *Alliance for Recovery Advocates*

- ★ Advocates will have the opportunity to:
  - ✧ **Learn about addiction and recovery as a health issue.**
  - ✧ **Promote freedom from stigma for those suffering from addiction.**
  - ✧ **Influence public policy to improve services on state and local levels.**
  - ✧ **Develop and expand recovery networks.**
  - ✧ **Raise awareness that recovery is a reality by putting a face to recovery (for those who choose)**

# *Putting a Face to Recovery*



*Community Baptist Church. She is a married mom with three boys, ages 20, 16, and 14. For the last three years, she has been raising her 10-year-old neice. As a full-time employee, Mary is a Filing and Search Specialist. She is also an investment club president and enjoys surfing the net.*

My life today is very overwhelming at times, but very rewarding. I utilize the same tools today as I learned from the wonderful people at the meetings 5-1/2 years ago. I share my life experiences to encourage others who are in the same spot I was in. One of the most rewarding things I am involved in today is church. I find that my spiritual being is the foundation that carries me through everything, good and bad.

My recovery starts when I was at the lowest possible point in my life--mentally, physically and spiritually. Only through the power of God have I made it this far! I thank God for directing me to the AA and NA meetings. This is where my recovery started 5-1/2 years ago.

Looking back, I remember feeling afraid of what tomorrow would bring. I know I had made such a mess of my life prior to that time, but I had to move on and not stay stuck in the misery. After attending many many NA & AA meetings, the fears slowly subsided as I began to work on myself. The immeasurable support I received from people at the meetings I will never forget. They had all the tools I needed to keep me clean and sober one day at a time. As I followed their suggestions, the next thing I knew, I had 30 days clean, then 6 months . . . and then, before I knew it, one year FREE from alcohol and drugs. The rest is history.



Project VOTE



Voices Out To Enlighten



## *Why Project VOTE?*

- ★ **Our Mission:** Project **VOTE** is a nonpartisan grassroots initiative that works to educate individuals in recovery by encouraging them to vote. As part of their recovery process, recovering persons need to take civic responsibility and exercise their right to vote.





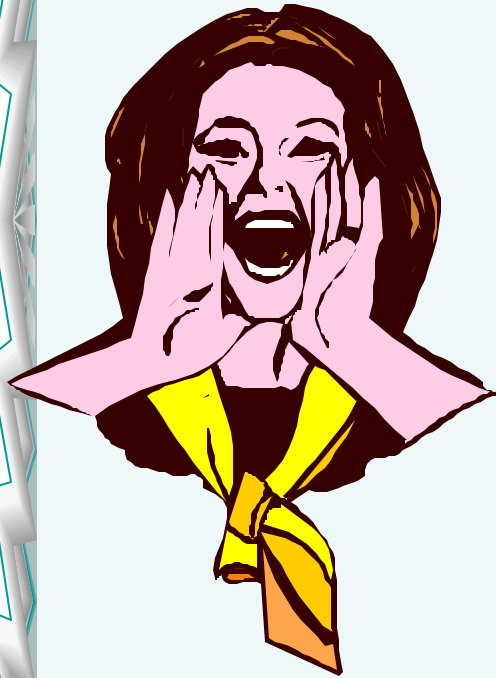
# *Project Vote*

## ★ **VOTE will help you to...**

- register to vote.
- remind you of upcoming election dates.
- find your polling area.
- understand candidates' positions in regards to addiction and recovery.



*It Is Our Responsibility To:*



“Live Out Loud”